

shvetaashvatara upanishat

om sahanaavavatu | saha nou bhunaktu | saha veeryam karavaavahai |
tejasvi naavadheetamastu | maa vidvishaavahai ||
om shaantih shaantih shaantihi ||

prathamam adhyaaya

harih om || brahmavaadino vadanti |

kim kaaraNam brahma kutah sma jaataa jeevaama kena kka cha sampratishThaa |
adhishThitaah kena sukhetareshu vartaamahe brahmavido vyavasthaam || 1 ||

kaalah svabhaavo niyatiryadrucChaa bhootaani yonih purusha iti chintyaa |
samyoga eshaam na tvaatmabhaavaa daatmaapyaneeshah sukhaduhkhaahetoho || 2 ||

te dhyaana yoga anugataa apashyan devaatma shaktim svaguNairnigooDhaam |
yah kaaraNaani nikhilaani taani kaalaatma yuktaan adhitishThat ekah || 3 ||

tamekam emim trivrutam shoDashaantam shataardhaaram vimshati pratyaraabhihi |
ashTakaih shaDbhir vishvaroopaika paasham trimaarga bheda dvinimittaika moham || 4 ||

pancha srotombum panchayonyugravakraam pancha praaNormi pancha buddhyaadi
moolaam |
pancha avartaam pancha duhkhouga vegaam pancha ashadbhedaam pancha
parvaamadheemaha || 5 ||

sarvaajeeve sarvasamsthe bruhante asmin hamso bhraamyate brahmachakre |
pruthagaatmaanam preritaaram cha matvaa jushTah tatah tenaam amrutatvemeti || 6 ||

udgeetametat paramam tu brahma tasmimstrayam supratishThaa~ksharam cha |
atraantaram brahmavido veditvaa leenaa brahmaNi tatparaa yonimuktaaha || 7 ||

samyuktam etat ksharamaksharam cha vyaktaavyaktam bharate vishvameeshaha |
aneeshashchaatmaa badhyate bhoktrubhaavaaj gyaatvaa devam muchyate sarvapaashaihi
|| 8 ||

gyaagyau dvaavajaaveeshaneeshaavajaa hyekaa bhoktru bhogyaaartha yuktaa |
anantashchaatmaa vishvaroopo hyakartaa trayam yadaa vindate brahmametat || 9 ||

ksharam pradhaanam amrutaaksharam harah ksharaatmaanaaveeshate deva ekaha |
tasyaabhi dhyaanaat truteeyam dehabhede vishvaishvaryam kevala aaptakaamaha || 11 ||

etajgyeyam nityamevaatma samstham naatah param veditavyam hi kinchit |
bhoktaa bhogyam preritaaram cha matvaa sarvam proktam trividham brahmametat || 12 ||

vahneryathaa yonigatasya moortirna drushyate naiva cha linganaashaha |
sa bhooya evendhanayonigruhya stadvobhayam vai praNavena dehe || 13 ||

svadehamaraNim krutvaa praNavam chottaraaraNim |
dhyaananirmathanaabhyaasaadevam pashyanigooDhavat || 14 ||

tileshu tailam dadhineeve sarpi-raapah srotahsvaraNeeshu chaagnihi |
evamaatmaa~tmani gruhyate~sou satyenainam tapasaayo~nupashyati || 15 ||

sarvavyaapinam aatmaanam ksheere sarpirivaarpitam |
aatmaavidyaa tapomoolam tadbrahmopanishat param || 16 ||

dviteeya adhyaaya

yunjaanah prathamam manastattvaaya savitaa dhiyah |
anger jyotir nichaayya pruthivyaa adhyaabharat || 1 ||

yuktena manasaa vayam devasya savituh save |
suvargeyaaya shaktayaa || 2 ||

yuktvaaya manasaa uta yunjate dhiyo vipraa viprasya bruhato vipashchitaha |
vi hotraa dadhe vayunaavideka inmahee devasya savituh parishTutihi || 3 ||

yunjate mana uta yunjate dhiyo vipraa viprasya bruhato vipashchitaha |
vi hotraa dadhe vayunaavideka inmahee devasyasavituh parishTutihi || 4 ||

yuje vaam brahma poorvyam namobhih vishloka etu pathyeva sooreha |
shruNvantu vishve amrutasya putraa aa ye dhaamaani divyaani tasthuhu || 5 ||

agnir yatraabhi madhyate vaayuryatraadhirudhyate |
somo yatraatirichyate tatra sanjaayate manaha || 6 ||

savitraa prasavena jusheta brahma poorvyam |
yatra yonim kruNavase na hi te poortamakshipat || 7 ||

trirunnatam sthaapya samam shareeram hrudeendriyaaNi manasaa sanniveshya |
brahmoDupena pratareta vidvaana srotaamsi sarvaaNi bhayaanakaani || 8 ||

praaNaan prapeeDyeha samyuktacheshTah ksheeNe praaNe naasikayocChavaseet |
dushTaashvayuktamiva vaahamenam vidvaan mano dhaarayetapramattaha || 9 ||

same shuchou sharkaraavahnivaalikaa vivarjite shabdajalaashrayaadibhihi |
manonukoolo na tu chakshupeedane guhaanivaataashrayaNe prayojayet || 10 ||

neehaara dhooma arka anila analaanaam khadyota vidyut sphaTika shasheenaam |
etaani roopaaNi purahsaraaNi brahmaNyabhivyakti karaaNi yoge || 11 ||

pruthivyah tejo~nilakhe samutthite panchaatmake yogaguNe pravrutte |
na tasya rogo na jaraa na mrutyuh praaptasya yogaagnimayam shareeram || 12 ||

laghutvam aarogyam alolupatvam varNaprasaadah svarasoushThavam cha |
gandhah shubho mootrapureesham alpam yogapravruttim prathamam vadanti || 13 ||

yathaiva bimbam mrudayopaliptam tajomayam bhraajate tat sudhaantam |
tadvaa~~tmatattvam prasameekshya dehee ekah krutaartha bhavate veetashokaha || 14 ||

yadaatmatattvena tu brahmatattvam deepopameneha yuktah prapashyet |
ajam dhruvam sarvatattvaih vishuddham gyaatvaa devam muchyate sarvapaapaihi || 15 ||

esho ha devah pradisho~nu sarvaah | poorvo ha jaatah sa u garbhe antaha |
sa eva jaatah sa janishyamaaNah pratyan janaastishThati sarvatomukhaha || 16 ||

yo devo agnou yo~psu yo vishvam bhuvanamaavivesha |
ya oshadheeshu yo vanaspatishu tasmai devaaya namo namaha || 17 ||

truteeya adhyaaya

ya eko jaalavaaneeshata eeshaneebhih sarvaan llokaan eeshata eeshaneebhihi |
ya evaika udbhave sambhave cha ya etad viduramrutaaste bhavanti || 1 ||

eko hi rudro na dviteeyaaya tasthurya imaam llokaan eeshata eeshaneebhihi |
pratyan janaah tishThati sanchukochaantakaale samsrujya vishvaa bhuvanaani gopaa || 2 ||

vishvatah chakshuruta vishvatomukho vishvatobaahuruta vishvataspaat |
sam baahubhyaam dhamati sampatatraidyaavaabhoomee janayan deva eka || 3 ||

yo devaanaam prabhavashcha udbhavashcha vishvaadhipo rudro maharshihi |
hiraNyagarbham janayaamaasa poorvam sa no buddhyaa shubhayaa samyunaktu || 4 ||

yaa te rudra shivaa tanooraghoraa~paapakaashinee |
tayaa nastanuvaa shantamayaa girishantaabhichaakasheehi || 5 ||

yaabhishum girishanta haste bibharshyastave |
shivaam giritra taam kuru maa higmseeh purusham jagat || 6 ||

tatah param brahma param bruhantam yathanikaayam sarvabhooteshu gooDham |
vishvasyaikam pariveshTitaaram eesham tam gyaatvaa~mrutaa bhavanti || 7 ||

vedaahametam purusham mahaantam aadityavarNam tamasah parastaat |
tameva viditvaatimrutyumeti naanyah panthaa vidyate~yanaaya || 8 ||

yasmaat param naaparamasti kimchit asmaan aNeeyo na jyaayo~sti kashchit |
vruksha iva stabdho divi tishThatyekah tenedam poorNam purusheNa sarvam || 9 ||

tato yaduttaratatam tadaroopam anaamayam |
ya etadviduramrutaaste bhavanti athetare duhkamevaapiyanti || 10 ||

sarvaanana shirogreevah sarva bhootaguhaashayaha |
sarvavyaapee sa bhagavaamstasmaat sarvagatah shivaha || 11 ||

mahaan prabhurvai purushah stavasyaisha pravartakah |
sunirmalaamimaam praaptimeshaano jyotiravyayah || 12 ||

anushThamaatrah purusho~ntaraatmaa sadaa janaanaam hrudaye sannivishTaha |
hrudaa maneeshaa manasaabhilkrupto ya etad viduramrutaaste bhavanti || 13 ||

sahasrasheershaa purushah sahasraakshah sahasrapaat |
sa bhoomim vishvato vrutvaa atyatishThad dashaangulam || 14 ||

purusha evedagm sarvam yad bhootam yachcha bhavyam |
utaamrutatvasyeshaano yadannenaatirohati || 15 ||

sarvatah paaNipaadam tat sarvato~kshishiromukham |
sarvatah shrutimalloke sarvamaavrutya tishThati || 16 ||

sarvendriya guNaabhaasam sarvendriya vivarjitam |
sarvasya prabhumeeshaanaam sarvasya sharaNam suhruta || 17 ||

navadvaare pure dehee hamso lelaayate bahihi |
vashee sarvasya lokasya sthaavarasya charasya cha || 18 ||

apaaNipaado javano graheetaa pashyatyachakshuh sa shruNotyakarNah |
sa vetti vedyam na cha tasyaasti vettaa tamaahuragnyam purusham mahaantam || 19 ||

aNoraNeeyaan mahato maheeyaanaatmaa guhaayaam nihito~sya jantoho |
tamakratuh pashyati veetashoko dhaatuh prasaadaan mahimaanam eesham || 20 ||

vedaahametam ajaram puraaNam sarvaatmaanam sarvagatam vibhutvaat |
janmanirodham pravadanti yasya brahmavaadino hi pravadanti nityam || 21 ||

chaturtha adhyaaya

ya eko~varNo bahudhaa shaktiyogaad varaNaananekaan nihitaartho dadhaati |
vichaiti chaante vishvamaadou cha devah sa no buddhayaa shubhayaa samyunaktu || 1 ||

tadeva agnih tadaadityah tadvayuh tadu chandramaaha |
tadeva shukram tad brahma tadaapatah tat prajaapatiha || 2 ||

tvam stree pumaanasi tvam kumaara uta vaa kumaaree |
tvam jeerNo daNDena vanchasi tvam jaato bhavasi vishvatomukhaha || 3 ||

neelah patango harito lohitaakshah taDidgarbha rutavah samudraaha |
anaadimat tvam vibhutvena vartase yato jaataani bhuvanaani vishvaa || 4 ||

ajaamekaam lohita shulka krushNaam bavheeh prajaah srujamaanaam saroopaaha |
ajo hyeko jushamaaNo~nushete jahaatyenaam bhuktabhogaamajo~nyaha || 5 ||

dvaa suparNaa sayujaa sakhaayaa samaanam vruksham parishvajaate |
tayoranyah pippalam svaadvattyana-shnannanyo abhichaakasheeti || 6 ||

samaane vrukshe purusho nimagno~neeshayaa shochati muhyamaanaha |
jushTam yadaa pashyatyanyam eeshamasya mahimaanamiti veetashokaha || 7 ||

rucho akshare parame vyoman yasmindevaa adhi vishve nisheduhu |
yastam na veda kimruchaa karishyati ya ittadvidusta ime samaasate || 8 ||

Chandaamsi yagyaa kratavo vrataani bhootam bhavyam yaccha vedaa vadanti |
asmaan maayee srujate vishvametat tasmin shchaanyo maayayaa sanniruddhaha || 9 ||

maayaam tu prakrutim vidyaanmaayinam cha maheshvaram |
tasyavayavabhootaistu vyaaptam sarvamidam jagat || 10 ||

yo yonim yonim adhitishTayeko yasminnidam sam cha vichaiti sarvam |
tameeshaanam varadam devameeDyam nichaayyemaam shaantim atyantam iti || 11 ||

yo devaanaam prabhavashcha udbhavashcha vishvaadhipo rudro maharshihi |
hiraNyagarbham pashyat jaayamaanam sa no buddhayaa shubhayaa samyunaktu || 12 ||

yo devaanaam adhipo asmin lokaa adhishritaaha |
ya eeshe asya dvipadah chatushpadah kasmai devaaya havishaa vidhema || 13 ||

sookshmaatisookshmam kalilasya madhye vishvasya srashThaaram aneka roopam |
vishvasyaikam pariveshTitaaram gyaatvaa shivam shaantim atyantam iti || 14 ||

sa eva kaale bhuvanasya goptaa vishvaadhipah sarvabhooteshu gooDhaha |
yasmin yuktaa brahmacharyo devataashcha tamevam gyaatvaa mrutyupaashaamshChinatti
|| 15 ||

ghrutaata param maNDamivaatisookshmam gyaatvaa shivam sarvabhooteshu gooDham |
vishvasyaikam pariveshTitaaram gyaatvaa devam muchyate sarvapaashaihi || 16 ||

esha devo vishvakarmaa mahaatmaa sadaa janaanaam hrudaye sannivishTaha |
hrudaa maneeshaa manasaabhilkrupto ya etad viduramrutaaste bhavanti || 17 ||

yadaa~tamastaanna divaa na raatrih na sannachaasacChiva eva kevalaha |
tadaksharam tat saviturvareNyam pragyaa cha tasmaat prasootaa puraaNee || 18 ||

nainamoordhvam na tiryancham na madhye na parijagrabhat |
na tasya pratimaa asti yasya naama mahad yashaha || 19 ||

na samdrushe tishThati roopamasya na chakshushaa pashyati kashchanainam |
hrudaa hrudistham manasaa ya ena mevam viduramrutaaste bhavanti || 20 ||

ajjata ityevam kashchidbheeruh prapadyate |
rudra yatte dakshiNam mukham tena maam paahi nityam || 21 ||

maa nastoke tanaye maa na aayushi maa no goshu maa na ashveshu reerishaha
veeraan maa no rudra bhaamito vardheehavishmantah sadaamit tvaa havaamahe || 22 ||

panchama adhyaaya

dvai akshare brahmapare tvanante vidyaavidye nihite yatra gooDhe |
ksharam tvaidyaa hyamrutam tu vidyaa vidyaavidye eeshate yastu so~nyaha || 1 ||

yo yonim yonim adhitishThatyeko vishvaani roopaaNi yoneeshcha sarvaaha |
rushih prasootam kapilam yastamagre gyaanairbibharti jaayamaanam cha pashyet || 2 ||

ekaika jaalam bahudhaa vikurvannasmin kshetre samharatyasha devaha |
bhooyah srushTvaa patayastatheshah sarvaadhipatyam kurute mahaatmaa || 3 ||

sarvaa disha oordhvamadhashcha tiryak prakaashayan bhraajate yadvanaDvaan |
evam sa devo bhagavaan vareNyo yonisvabhaavaan adhitishThatyekaha || 4 ||

yachcha svabhaavam pachati vishvayonih paachyaamshcha sarvaan pariNaamayeh yah |
sarvametat vishvam adhitishThatya eko guNaamshcha sarvaan vinoyojayed yah || 5 ||

tad vedaguhya upanishatsu gooDham tad brahmaa vedate brahmayonim |
ye poorvam devaa rushayashcha tad viduste tanmayaa amrutaa vai babhoovaha || 6 ||

guNaanvayo yah phalakarmakartaa krutasya tasyaiva sa chopabhoktaa |
sa vishvaroopah triguNah trivartmaa praaNaadhipah sancharati svakarmabhihi || 7 ||

angushThamaatro ravitulyaroopah sankalpaahankaara samanvito yah |
buddherguNenaatmaguNena chaiva aaraagramaatro~pyaparo~pi drushTaha || 8 ||

baalaagrashatabhaagasya shatadhaa kalpitasya cha |
bhaago jeevah sa vigyeyah sa chaanantyaaya kalpate || 9 ||

naiva stree na pumaanesha na chaivaayam napumsakaha |
yadyat shareeram aadatte tene tene sa yujyate || 10 ||

sankalpan asparshan adrushTimohair graasaam vrushTyaatma vivruddhi janma |
karmaanugaanyah anukrameNa dehee sthaaneshu roopaaNyabhi samprapadyate || 11 ||

sthoolaani sookshmaani bahooni chaiva roopaaNi dehee svaguNaih vruNoti |
kriyaaguNairaatmaguNaishcha tessaam samyogahetuh aparo~pi drushTaha || 12 ||

annaadyanantam kalilasya madhye vishvasya srashTaaram anekaroopam |
vishvasyaikam pariveshTitaaram gyaatvaa devam muchyate sarvapaashaihi || 13 ||

bhaavagraahyam aneeDaakhyam bhaavaabhaavakaram shivam |
kalaasargakaram devam ye viduste jahustanum || 14 ||

shashThaM adhyaaya

svabhaavameke kavayo vadanti kaalam tathaanye parimuhyamaanaaha |
devasyaisha mahimaa tu loke yenedam bhraamyate brahmachakram || 1 ||

yenaavrutam nityamidam hi sarvam gyah kaalakaaro guNee saravid yah |
teneshitam karma vivartate ha pruthivyah tejo anilakhaani chintyam || 2 ||

tatkarma krutvaa vinivartya bhooyah tattvasya taavena sametya yogam |
ekena dvaabhyaam tribhirashTabhirvaa kaalena chaivaatmaguNaishcha sookshmaihi || 3 ||

aarabhya karmaaNi guNaanvitaani bhaavaamshcha sarvaan viniyojayedyaha |
teshaamabhaave krutakarmanaashah karmakshaye yaati sa tattvato~nyaha || 4 ||

aadih sa samyoga nimitta hetuh parah trikaalaat kalpa~pi drushTaha |
tam vishvaroopam bhavabhootameeDyam devam svachittastham upaasya poorvam || 5 ||

sa vrukshakaalaakrutibhih paro~nyo yasmaat prapanchah parivartate~yam |
dharmaavaham paapanudam bhagesham gyaatvaatmastham amrutam vishvadhaama || 6 ||

tameeshvaraaNaam paramam maheshvaram tam devataanaam paramam cha daivatam |
patim pateenaam paramam parastaad vidaama devam bhuvaneshameeDyam || 7 ||

na tasya kaaryam karaNam cha vidyate na tatsamashchaabhyadhikashcha drushyate |
paraasya shaktirivividhaiva shrooyate svaabhaavikee gyaanabalakriyaa cha || 8 ||

na tasya kashchit patirasti loke na cheshitaa naiva cha tasya lingam |
sa kaaraNam karaNaadhipaadhipo na chaasya kashchijjanitaa na chaadhipaha || 9 ||

yastantunaabha iva tantubhih pradhaanajaih svabhaavatah |
deva ekah svamaavruNoti sa no dadhaatu brahmaapyayam || 10 ||

eko devah sarvabhooteshu gooDhah sarvavyaapee sarvabhootaantaraatmaa |
karmaadhyakshah sarvabhootaadhivaasah saakshee chetaa kevalo nirguNashcha || 11 ||

eko vashee nishkriyaNaam bahoonaamekam beejam bahudhaa yah karoti |
tamaatmasthan ye~nupashyanti dheeraah teshaam sukham shaashvatam netareshaam
|| 12 ||

nityo nityaanaam chetanashchetanaanaam eko bahoonaam yo vidadhaati kaamaan |
tatkaaraNam saamkhyayogaadhigamyam gyaatvaa devam muchyate sarvapaashaihi || 13 ||

na tatra sooryo bhaati na chandrataarakam nemaa vidyuto bhaanti kuto~yamagnihi |
tameva bhaantamanubhaati sarvam tasya bhaasaa sarvamidam vibhaati || 14 ||

eko hamsah bhuvanasyaasya madhye sa evaagnih salile samnivishTaha |
tameva viditvaa atimrutyumeti naanyah panthaa vidyate~yanaaya || 15 ||

sa vishvakrud vishvavidaatmayonirgyah kaalakaalo guNee sarvavid yah |
pradhaanakshetragyapatih guNeshah samsaaramokshasthiti bandha hetuhu || 15 ||

sa tanmayo hyamrutah eeshasamstho gyah sarvago bhuvanasyaasya goptaa |
ya eeshe~sya jagato nityameva naanyo heturvidyata eeshanaaya || 17 ||

yo brahmaaNam vidadhaati poorvam yo vai vedaamshcha prahiNoti tasmai |
tam ha devam aatmabuddhi prakaasham mumukshurvai sharaNamaham prapadye || 18 ||

nishkalam nishkriyam shaantam niravadyam niranjanam |
amrutasya param setum dagdhendanam iva analam || 19 ||

yadaa charmavadaakaasham veshTayishyanti maanavaaha |
tadaa devamavigyaaya dukkhasyaanto bhavishyati || 20 ||

tapahprabhaavaad devaprasaadaaccha brahma ha shvetaashvataro~tha vidvaan |
atyaashramibhyah paramam pavitram provaacha samyag rushisangha jushTam || 21 ||

vedaante paramam guhyam puraakalpe prachoditam |
naaprashantaaya daatavyam naaputraaya ashishyaaya vaa punaha || 22 ||

yasya deve paraa bhaktih yathaa deve tathaa gurou |
tasyaite kathitaa hyarthaah prakaashante mahaatmanaha || 23 ||

prakaashante mahaatmana iti ||

oum sahanaavavatu | saha nou bhunaktu | saha veeryam karavaavahai |
tejasvi naavadheetamastu | maa vidvishaavahai ||
oum shaantih shaantih shaantihi ||